



UNIONVILLE COMMUNITY
CENTRE FOR SENIORS

MARCH 2026 CALENDAR

UCCS Program Schedule

UCCS SATELLITE LOCATION:

Bethesda Evangelical Lutheran Church
20 Union Street, Unionville, ON L3R 2H5

Central United Church
131 Main Street Unionville, Unionville, ON L3R 2G3

CONTACT INFORMATION:

General inquiries and program registrations

T: (437) 431-2831

E: uccs@uhs.on.ca

VIRTUAL PROGRAM ACCESS:

To access a virtual or hybrid Zoom program, follow the link, or enter the Meeting ID below:

Zoom Link: <https://us06web.zoom.us/j/9392714111>

Meeting ID: 939 271 4111

HOURS OF OPERATION

MONDAY

10:00 AM to 12:00 PM (Bethesda Evangelical Lutheran Church)
1:00 PM to 4:00 PM (Central United Church)

TUESDAY

12:30 PM to 4:00 PM (Central United Church)

WEDNESDAY

1:00 PM to 4:00 PM (Central United Church)

THURSDAY

10:00 AM to 12:00 PM (Bethesda Evangelical Lutheran Church)
1:00 PM to 4:00 PM (Central United Church)

CLOSED FRIDAYS, SATURDAYS, SUNDAYS & STATUTORY HOLIDAYS

Programs may be canceled due to insufficient participation. Early enrollment is encouraged to secure your spot. **Prepayment is required** to complete registration.

Date	Name of Program	Program Leader	Time	Fee	Location
Monday, March 2	Tai Chi - Level I (<i>Beginner</i>)	UCCS Volunteer	10:00 AM to 11:45 AM	Member: \$2.00 Non-Member: \$4.00	Bethesda Evangelical Lutheran Church
	Mind Games	UCCS Staff	1:10 PM to 2:00 PM	No Fee - Members Only	Online via Zoom
	Move to Stay Fit	UCCS Staff	1:10 PM to 2:00 PM	No Fee - Members Only	Central United Church
	Move and Groove	CHATS Staff	2:10 PM to 3:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Bowling	UCCS Staff	2:10 PM to 3:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Sip and Social	UCCS Staff	3:10 PM to 4:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
Tuesday, March 3	Tai Chi – Level II (<i>Intermediate</i>)	UCCS Volunteer	12:45 PM to 2:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Mahjong	UCCS Volunteer	12:30 PM to 4:00 PM (New Timing)	Member: \$3.00 Non-Member: \$6.00	Central United Church
	Line Dancing	UCCS Volunteer	2:10 PM to 3:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church

	Posture and balance	Carefirst Staff	3:10 PM to 4:00 PM	No Fee - Members Only	Central United Church
Wednesday, March 4	Move to Stay Fit	UCCS Staff	1:10 PM to 2:00 PM	No Fee - Members Only	Central United Church
	Painting Class- Cantonese Instruction	UCCS Volunteer	1:30 PM to 3:30 PM (New Timing)	Member: \$2.00 Non-Member: \$4.00	Central United Church
Thursday, March 5	Tai Chi - Level I <i>(Beginner)</i>	UCCS Volunteer	10:00 AM to 11:45 AM	Member: \$2.00 Non-Member: \$4.00	Bethesda Evangelical Lutheran Church
	Podiatry Clinic	CALL UCCS FOR APPOINTMENT TIMES			
	Trivia Time!	UCCS Staff	1:10 PM to 2:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Harmony Hangout	UCCS Staff	2:10 PM to 3:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Posture and Balance	Carefirst Staff	3:10 PM to 4:00 PM	No Fee - Members Only	Central United Church
Monday, March 9	Tai Chi - Level I <i>(Beginner)</i>	UCCS Volunteer	10:00 AM to 11:45 AM	Member: \$2.00 Non-Member: \$4.00	Bethesda Evangelical Lutheran Church
	Mind Games	UCCS Staff	1:10 PM to 2:00 PM	No Fee - Members Only	Online via Zoom

	Move to Stay Fit	UCCS Staff	1:10 PM to 2:00 PM	No Fee - Members Only	Central United Church
	Move and Groove	CHATS Staff	2:10 PM to 3:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Bowling	UCCS Staff	2:10 PM to 3:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Sip and Social	UCCS Staff	3:10 PM to 4:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
Tuesday, March 10	Tai Chi – Level II (Intermediate)	UCCS Volunteer	12:45 PM to 2:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Mahjong	UCCS Volunteer	12:30 PM to 4:00 PM (New Timing)	Member: \$3.00 Non-Member: \$6.00	Central United Church
	Line Dancing	UCCS Volunteer	2:10 PM to 3:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Posture and Balance	Carefirst Staff	3:10 PM to 4:00 PM	No Fee - Members Only	Central United Church
Wednesday, March 11	Tech Talk (Asian Social Online)	UCCS Volunteer	1:00 PM to 3:00 PM	No Fee - Members Only	Online via Zoom
	Move to Stay Fit	UCCS Staff	1:10 PM to 2:00 PM	No Fee - Members Only	Central United Church

Thursday, March 12	Tai Chi - Level I (<i>Beginner</i>)	UCCS Volunteer	10:00 AM to 11:45 AM	Member: \$2.00 Non-Member: \$4.00	Bethesda Evangelical Lutheran Church
	Trivia Time!	UCCS Staff	1:10 PM to 2:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Harmony Hangout	UCCS Staff	2:10 PM to 3:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Posture and Balance	Carefirst Staff	3:10 PM to 4:00 PM	No Fee - Members Only	Central United Church
Monday, March 16	Tai Chi - Level I (<i>Beginner</i>)	UCCS Volunteer	10:00 AM to 11:45 AM	Member: \$2.00 Non-Member: \$4.00	Bethesda Evangelical Lutheran Church
	Mind Games	UCCS Staff	1:10 PM to 2:00 PM	No Fee - Members Only	Online via Zoom
	Move to Stay Fit	UCCS Staff	1:10 PM to 2:00 PM	No Fee - Members Only	Central United Church
	Move and Groove	CHATS Staff	2:10 PM to 3:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Bowling	UCCS Staff	2:10 PM to 3:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Sip and Social	UCCS Staff	3:10 PM to 4:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church

Tuesday, March 17	Tai Chi – Level II <i>(Intermediate)</i>	UCCS Volunteer	12:45 PM to 2:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Mahjong	UCCS Volunteer	12:30 PM to 4:00 PM (New Timing)	Member: \$3.00 Non-Member: \$6.00	Central United Church
	Line Dancing	UCCS Volunteer	2:10 PM to 3:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Posture and Balance	Carefirst Staff	3:10 PM to 4:00 PM	No Fee <i>(Open to UCCS members only)</i>	Central United Church
Wednesday, March 18	Move to Stay Fit	UCCS Staff	1:10 PM to 2:00 PM	No Fee <i>(Open to UCCS members only)</i>	Central United Church
	Painting Class- Cantonese Instruction	UCCS Volunteer	1:30 PM to 3:30 PM (New Timing)	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Snack and Speak Spotlight with CHATS: Self-Care and Building Resilience	CHATS Staff	2:00 PM to 3:30 PM	Member: \$5.00 Non-Member: \$7.00	Central United Church
Thursday, March 19	Tai Chi - Level I <i>(Beginner)</i>	UCCS Volunteer	10:00 AM to 11:45 AM	Member: \$2.00 Non-Member: \$4.00	Bethesda Evangelical Lutheran Church
	Trivia Time!	UCCS Staff	1:10 PM to 2:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Harmony Hangout	UCCS Staff	2:10 PM to 3:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church

	Posture and Balance	Carefirst Staff	3:10 PM to 4:00 PM	No Fee - Members Only	Central United Church
Monday, March 23	Tai Chi – Level I (<i>Beginner</i>)	UCCS Volunteer	10:00 AM to 11:45 AM	Member: \$2.00 Non-Member: \$4.00	Bethesda Evangelical Lutheran Church
	Mind Games	UCCS Staff	1:10 PM to 2:00 PM	No Fee (<i>Open to UCCS members only</i>)	Online via Zoom
	Move to Stay Fit	UCCS Staff	1:10 PM to 2:00 PM	No Fee (<i>Open to UCCS members only</i>)	Central United Church
	Move and Groove	CHATS Staff	2:10 PM to 3:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Bowling	UCCS Staff	2:10 PM to 3:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Sip and Social	UCCS Staff	3:10 PM to 4:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
Tuesday, March 24	Tai Chi – Level II (<i>Intermediate</i>)	UCCS Volunteer	12:45 PM to 2:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Mahjong	UCCS Volunteer	12:30 PM to 4:00 PM (New Timing)	Member: \$3.00 Non-Member: \$6.00	Central United Church
	Line Dancing	UCCS Volunteer	2:10 PM to 3:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Posture and Balance	Carefirst Staff	3:10 PM to 4:00 PM	No Fee (<i>Open to UCCS members only</i>)	Central United Church

	Senior Care Tech Connect	Volunteers	4:00 PM to 5:00 PM	No Fee (<i>Open to UCCS members only</i>)	Central United Church
Wednesday, March 25	Lucky Charms Luncheon <i>Celebrating St. Patrick's Day and Irish Culture</i> 12:00 PM to 1:30 PM Member: \$15 Non-Member: \$20				
	Move to Stay Fit	CANCELLED FOR THIS WEEK			
Thursday, March 26	Tai Chi – Level I (<i>Beginner</i>)	UCCS Volunteer	10:00 AM to 11:45 AM	Member: \$2.00 Non-Member: \$4.00	Bethesda Evangelical Lutheran Church
	Trivia Time!	UCCS Staff	1:10 PM to 2:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Harmony Hangout	UCCS Staff	2:10 PM to 3:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Posture and Balance	CANCELLED FOR THIS WEEK			
Monday, March 30	Tai Chi – Level I (<i>Beginner</i>)	UCCS Volunteer	10:00 AM to 11:45 AM	Member: \$2.00 Non-Member: \$4.00	Bethesda Evangelical Lutheran Church
	Mind Games	UCCS Staff	1:10 PM to 2:00 PM	No Fee (<i>Open to UCCS members only</i>)	Online via Zoom

	Move to Stay Fit	UCCS Staff	1:10 PM to 2:00 PM	No Fee (<i>Open to UCCS members only</i>)	Central United Church
	Move and Groove	CHATS Staff	2:10 PM to 3:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Bowling	UCCS Staff	2:10 PM to 3:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Sip and Social	UCCS Staff	3:10 PM to 4:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
Tuesday, March 31	Tai Chi – Level II (<i>Intermediate</i>)	UCCS Volunteer	12:45 PM to 2:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Mahjong	UCCS Volunteer	12:30 PM to 4:00 PM (New Timing)	Member: \$3.00 Non-Member: \$6.00	Central United Church
	Line Dancing	UCCS Volunteer	2:10 PM to 3:00 PM	Member: \$2.00 Non-Member: \$4.00	Central United Church
	Posture and Balance	Carefirst Staff	3:10 PM to 4:00 PM	No Fee (<i>Open to UCCS members only</i>)	Central United Church